

BOD POD TESTING

Step Off The Scale And Step Into The Bod Pod!

People are under the misconception that weight indicates how fat we are. However, weighing ourselves is the most misleading manner by which we gauge fat because in no way does your body weight reflect how fat you are. Body composition (percent fat and lean mass) is one of the best indicators of health – reflecting both physical activity and dietary practices which is why each participants body composition is measured using the Gold Standard BOD POD. The latest data confirms that fat loss, not weight loss, can extend human life expectation which is why understanding your body composition is so vital.

Bod Pod Testing Requirements

Test Takes 5 Minutes. You only sit in the Bod Pod for (2) 50 Second Tests.

Allow another 5 Minutes for test analysis.

Sit still, breathe normally, and limit your movement during the test.

The following items are required to perform the Body Composition Testing:

No Eating or Exercise at least 1 Hour Before Testing

Wear approved clothing.

Approved clothing for MEN:

Form-fitting Speedo® or Lycra®/spandex-type swimsuit

- or -

Single-layer compression shorts (without padding)

Approved clothing for WOMEN:

Form-fitting Speedo® or Lycra®/spandex-type swimsuit

- or -

Single-layer compression shorts and jog bra (without padding or wires)

Wear a swim cap. If you do not have A swim cap one is provided for use by Ideal You LLC.

Do not exercise within two hours prior to testing.

Do not eat or drink just before testing.

Use the restroom, (if necessary) before testing.



Testing 50% Off During Event

Cost: \$20.00

Approved Clothing

